

A NEW Year, a Better You!

Yoga , Stress Reduction and Nutrition for YOU, the Dental Practitioner.

- 1) The Relationship Between Stress, Hormonal Function and Sleep on overall health(1.5 hr)
- 2) Yoga Practice for the Dental Professional and take-home stretching guide/yoga practices (Bring your own mat and towel. Dress comfortably. No experience necessary). (1hr)
- 3) Nutrition and its role in Mental Health and Cancer Prevention(1.5 hr)

January 28, 2017 9am-2 pm
Bally Haly Country Club, 100 Logy Bay Road, St. John's

3 CE/PD credits available
\$60 RDH, \$85 RDA, \$110 DDS
Lunch provided.

